Anne Gauthier

A TREATMENT PROGRAM FOR BATTERERS

Contre Toutes Agressions Conjugales (C-TA-C) Inc.

1991-10

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Summary

C-TA-C inc. (for Contre toute agression conjugale, or Against all Marital Violence) is a recently-founded Rimouski organization counselling wife batterers. Its main goal is to end all forms of marital violence by working directly with violent men. It differs from some other groups whose approach is based solely on detecting and ending the action of physical violence. C-TA-C's profeminist approach prompts men to accept responsibility for all the forms of violence they use to control their partners. This aspect of the counselling is vital and central for C-TA-C.

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Preface

For the past two decades, women's groups have been denouncing the various forms of violence against women. Rape, marital and family violence, sexual harassment, discrimination in the work place, unequal pay, pornography and poverty are some of the forms of oppression experienced by women in Western society.

Marital violence is a recognized social phenomenon. In 1985, the ministère de la Santé et des Services sociaux estimated there were 300,000 women in Quebec aged 15 or over living in situations of marital violence. This form of violence is part of a larger system of violence against women which enables individual men to dominate their spouses.

Marital violence is essentially a means of control and not a loss of control. Violent spouses bear full responsibility for the violence they practise. Nothing can justify or excuse violence against women. Attempts to explain this violence, whether in biological or in psychological terms, cannot serve to excuse such violence by relieving the men or society in general of responsibility, or by suggesting that contempt and hatred make some men habitual criminals.

The counselling provided by services for violent men must aim to end all forms of violence--verbal, psychological, physical and sexual.

Using physical and sexual violence and uttering death threats are illegal acts under the Criminal Code of Canada. Since 1986, the ministère de la Justice du Québec and the Ministry of the Solicitor General of Canada have taken the necessary measures to focus their actions by proposing an integrated domestic violence policy.

Physical violence can cause injury and even death. But other forms of domestic violence precede the appearance of physical abuse. Verbal and psychological violence must also be denounced as harmful to the mental health of the individual and the community. Specialized and coordinated interdisciplinary services must be available to the women and children who are subjected to violence of this type. Physical force is not the only way to exercise domination and control over women. Verbal and psychological violence can require intelligence and ingenuity, which are the most effective means for establishing and maintaining control over women through fear. The effect of these more subtle and insidious types of aggression is to intimidate the strongest women and to cast a veil of silence over these forms of oppression.

In recent years, the emphasis has been on physical violence, which is recognized as unacceptable, and the legal system has used the provisions of the Criminal Code to enforce the prohibition.

But we must stop accepting other forms of violence as routine. Practical measures must be taken immediately by the appropriate agencies and government departments to prevent the perpetuation of marital violence in the decades to come.

Hélène Cadrin
Staff Supervisor and
Vice-Chairperson of the Board of Directors
C-TA-C inc.

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List of Abbreviations

C-TA-C	Contre toute agression conjugale inc. (Against all Marital Violence)
CALACS	Centre d'aide et de lutte contre les agressions à caractère sexuel (Sexual Assault Victims Support Centre)
CACSW	Canadian Advisory Council on the Status of Women
CLSC	Centre local de services communautaires (Local Community Services Centre)
CRSSS	Conseil régional de la santé et des services sociaux (Regional Health and Social Services Council)
CSS	Centre de services sociaux (Social Services Centre)
DSC	Département de santé communautaire (Community Health Department)
MRC	Municipalité régionale de comté (Regional Municipality)
MSSS	Ministère de la Santé et des Services sociaux (Department of Health and Social Services of Quebec)
SEMO	Service externe de main d'oeuvre (Community Employment Service)
SPSS	Statistical Package for the Social Sciences

Introduction

Counselling for violent spouses is a relatively new phenomenon. Until recently, services in the area of marital violence were limited (understandably) to support for its victims: it was vital to develop adequate resources to meet the needs of battered women and their children.

Recently, support services for violent spouses have developed alongside these resources. Their goal is to end violent behaviour by working directly with the abusive husbands. The first such service in Quebec was set up a decade ago; over 16 others have followed since. In 1990, close to 25 organizations of this type were identified in Quebec.

C-TA-C inc. (for Contre toute agression conjugale) is a recently-founded Rimouski organization counselling violent spouses. Its activities of the past year were made possible by a contribution from the Ministry of the Solicitor General of Canada.

This document is a report on C-TA-C's first year of operation. Chapter One describes the extent of violence against women, attempts to provide a definition of marital violence and gives a brief overview of the work done by the women's shelters. The cycle of violence and the approaches used in counselling violent spouses are also dealt with in this section.

Chapter Two deals specifically with C-TA-C inc. It provides a brief history of the organization and describes its administrative structure, its approach, its basic principles, its counselling and evaluation tools, and its start-up strategy.

Chapter Three surveys the services offered by C-TA-C counsellors.

Chapter Four draws a portrait of the clientele for the organization's services. The profile of users is then compared with the one provided by Gilles Rondeau in his study "Les programmes québécois d'aide aux conjoints violents: Rapport sur les seize organismes existants au Québec" (1989).[1]

[1] Rondeau, Gilles (1989). Les programmes québécois d'aide aux conjoints violents: Rapport sur les seize organismes existants au Québec. "Études et analyses" collection, ministère de la Santé et des Services sociaux, 180 pp.

Chapter I

The Problem

1. The Social Context of Marital Violence

1.1 Prevalence

Although there is a growing recognition that marital violence is a major problem, only in the past few years have there been attempts to understand the phenomenon. Until very recently, this form of violence was seen as part of the private relationship between two adults and was not thought to have social effects. The social significance of marital violence is only beginning to be recognized.

This recognition is due to the women's groups which have been denouncing violence against women since the early 1970s and are working to eliminate relations of domination of this type, in which the rights of men supersede those of women. The work of these groups has resulted, most notably, in the creation of various social support services for women and their children (drop-in centres for women, shelters, sexual assault victims support centres, community employment services, etc.). The aim of these resources is to help women by supporting their efforts to win greater autonomy. Despite the work done and the support provided, however, marital violence still continues to exist.

The available statistics on marital violence confirm the extent of the problem. In 1980, the Canadian Advisory Council on the Status of Women (CACSW) estimated that in Canada, one woman in 10 was being abused by her spouse. In 1985, data published by the ministère de la Santé et des Services sociaux (MSSS) indicated that in Quebec one woman in 8 was a victim of violence. In 1988, over 50 of the 166 murders committed were murders of women and children in situations of marital violence, thus accounting for one third of all homicides. In the legal sphere, we are seeing a significant increase in reports of offenses involving marital violence, which rose from 6,559 in 1987 to 8,096 in 1988 and 9,376 in 1989 (ministère de la Sécurité publique, 1990).

1.2 A Tentative Definition

Marital violence consists of a series of deliberate actions aimed at establishing and maintaining relations of domination between the male aggressor and the female victim. "The true nature of violence is that it is a deliberate act performed in a calculated manner to maintain certain privileges, to retain control over the other person, to subjugate that person forever" (Rondeau, 1989).

Violence does not necessarily involve physical contact. Intimidation and behaviour aimed at creating a climate of fear or destroying independence and self-esteem are violent acts with extremely destructive consequences.

Violence is an exercise of control. Any form of behaviour which aims to prevent the woman from doing as she wishes or to force her to do what she does not wish, or which terrorizes her, is an exercise of control. Violence is rooted in the social system which maintains unequal relationships between the sexes--i.e. the domination of women by men. However, although violence originates in the social system, it remains learned behaviour, chosen by the individual.

The most widely accepted definition of marital violence in the literature is the following: battering a woman (physical violence), threatening to do so or subjecting her to scenes which lead her to believe that she will be battered (verbal violence), or humiliating her by criticism or derision which may in the long term undermine her personality and confidence (psychological violence), when this violence is exercised by the husband in a legal or common law marriage or after the woman has left him (Shee, 1980).

This definition allows us to distinguish the various forms of violence women are subjected to: psychological, verbal and physical. In addition to these three forms of violence there is also sexual violence (Regroupement provincial, 1987).

These four forms of violence may be defined as follows:

- psychological violence: denigrating someone by making comments attacking the victim's physical or moral integrity;

- verbal violence: intimidating someone by uttering threats;

- physical violence: physically attacking someone in order to cause physical harm;

- sexual violence: forcing someone to have unwanted sexual relations by creating fear or using force (Larouche, 1985).

1.3 Shelters

The work of the feminist movement has spawned a variety of support services for battered wives. The first shelter for abused women was probably established in 1972 in British Columbia, Canada. In Quebec, the first women's shelter was created in 1973. Since their inception, the shelters have effectively responded to the needs of battered women. In 1979, there were 71 shelters for women and children across Canada. In 1987, there were 230, some sixty of which were in Quebec. At the end of 1988, there were 292 shelters serving the Canadian population (Vis-à-vis, 1989). Quebec shelters accommodate 6,000 women and 4,000 children per year (Regroupement provincial, 1990). In 1990, the 46 shelters belonging to the Regroupement provincial des maisons d'hébergement responded to nearly 10,000 requests for

lodging and 120,597 requests for information on marital violence (telephone support, external consultations, escorting battered women, etc.).

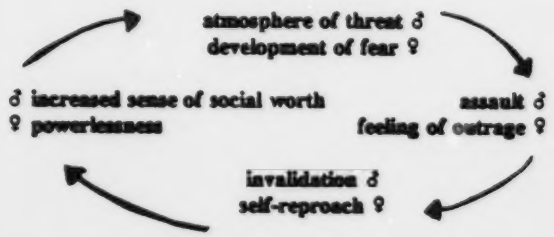
Closer to home, in Quebec's region 01, the four shelters in Rimouski, Pabos, Matane and Ste-Anne-des-Monts took in nearly 240 women and 250 children in 1989/1990 (Regroupement provincial, 1990). The shelters deliver services using a feminist approach. They work to support women in their search for independence, irrespective of the choices these women make.

2. The Cycle of Violence

Before permanently breaking up with a violent spouse, many battered women will go to a shelter a number of times, returning to the violent spouse after each stay. This can be seen as a gradual break. This phenomenon may be due to a number of factors. First, it should be noted that women learn to live in a climate of fear at a very young age and to accept their fear as normal. They develop a perception of lack of control over their own lives and feel powerless. This self-image increases their victimization, which is in fact a process whereby women come to accept violence and develop an ever higher threshold of tolerance for this violence. The main cause of the victimization of women is their vulnerability, which arises from the state of economic and emotional dependence of women in general. Battered women feel helpless and, most importantly, powerless against the violence they suffer and they see no means of escape.

In discussing wife battering, we must consider the cycle of marital violence with its four distinct phases: tension, assault, justification and remission (Regroupement provincial, 1981).

The cycle of violence



2.1 The Tension Phase

The tension phase is characterized by the establishment of an atmosphere of threat and tension which the victim attempts to alleviate by watching what she says, trying not to annoy the batterer, trying to please him. The victim adopts these attitudes in an attempt to protect herself from the threat of violence, whether explicit (threats to hit her, to break up, insults, etc.) or implicit (attitude, looks, silence, intimidation, etc.). In this phase, the victim grows fearful.

2.2 The Assault Phase

The assault phase is marked by more strongly violent behaviour. At first, assault prompts feelings of anger, humiliation and outrage on the part of the victim.

2.3 The Justification Phase

In the justification phase, the batterer attempts to minimize the seriousness of his violent behaviour by using various excuses (alcohol, losing his job, provocation by his spouse, etc.). These reactions and justifications soon lead the victim to see her feelings of outrage and anger as invalid and to view herself as responsible for her spouse's violent behaviour. The victim blames herself for the violence done to her and tries to change her behaviour to reduce the violence.

2.4 The Remission Phase

In the remission phase, the feelings of aggression and mistrust dissipate due to the batterer's affectionate behaviour or promises to change. These new attitudes hold out the promise of an end to the violence, sustaining the victim's hope for a change and keeping her threshold of tolerance for assault high.

3. Counselling Programs for Violent Spouses

Counselling programs for violent spouses are intended to complement the services offered to victims. These programs address the problem of marital violence by working directly with violent men. The counselling differs from one group to another depending on the approach used and the goals pursued.

In Quebec, it was not until ten years after the establishment of the first women's shelters that resources for violent spouses appeared. Until then, there was no resource whose purpose was to provide counselling to this clientele.

Programs for violent spouses are a rapidly-growing form of social action. In 1984, there were some 25 groups of this type in Canada. By 1988, the number of groups had jumped to 114 (Santé mentale, 1990).

In general, the main goal of these organizations is to bring program participants to make the prerequisite behavioural changes needed to end their use of violence. Some groups focus on eliminating physical violence, paying little attention to detecting and ending other forms of violence (psychological, verbal or sexual).

While the various groups have essentially the same goals, the basis of the counselling differs according to the type of approach favoured. In Quebec, we find four main approaches.

4. Four Approaches

4.1 The Individual-Centred Approach

This approach assigns primary importance to the individual. The counselling is based on his needs and strives to help him find his own alternatives to counter his violent behaviour.

The counselling group provides an opportunity for participants to share similar experiences and to interact. The group is seen as a helpful medium for individual work.

4.2 The Pathology-Oriented Approach

This approach emphasizes the pathological aspect of behaviour. The program is based on psychiatric and legal approaches. Elements derived from cognitive, behavioural and educational psychology are frequently introduced.

According to this approach, violent men must develop other, more socially acceptable ways to express anger.

4.3 The Socio-Cultural Approach

This approach is based on the group process, which is seen as the ideal method for achieving resocialization goals and enabling individual work.

The purpose of the counselling is to prompt participants to take more responsibility by breaking through their defence mechanisms. This approach takes men's suffering into account and tries to cut through their experience of isolation. It works to consolidate new forms of behaviour through positive reinforcement.

4.4 The Profeminist Approach

The profeminist approach is largely inspired by methods developed by the "Emerge" counselling group for violent men in Boston, Mass. According to this approach, men are fully responsible for their violent behaviour, which is seen as having been socially learned and individually chosen.

The profeminist approach favours counselling focused on the relations of power and control maintained by violent men. The aim of the counselling is to clearly identify and work to end the controlling behaviour of these men.

Special attention is paid to psychological violence, which while harder to identify is nevertheless extremely harmful.

Finally, in this approach, violent men are made aware of their use of violence so as to make them accept full responsibility for the consequences of their actions. Relatively little attention is paid to the suffering of men, as men are viewed not as victims but rather as aggressors.

Chapter II

The Project

1. The C-TA-C Counselling Program

1.1 Background

In January 1988, the CLSC de l'Estuaire launched a broad consultation with some 30 public bodies and community groups in Rimouski. Workers at the various bodies were consulted in order to measure existing needs and assess the appropriateness of setting up a service for violent men in Rimouski. The results were conclusive: 98% of the people consulted believed that there was indeed a real need. In June 1988, an expanded round table composed of representatives of all the organizations consulted was created. It was to define the basic principles of an eventual service for violent men and appoint a task force for the purpose, whose mandate would be to begin the process of setting up a community counselling program for men who engage in marital violence.

In the autumn of 1988, a task force (the interim Board of Directors) was formed, working jointly with a number of organizations involved in the field such as the Centre des services sociaux (CSS), the Centre local de services communautaires (CLSC), the Département de santé communautaire (DSC), the municipal police, Correctional Service Canada, the Parole Board, etc. (Appendix 1).

In December 1988, C-TA-C inc. received its letters patent thanks to the work of the interim Board of Directors. Board members also worked to make C-TA-C autonomous and operational both financially and legally.

On November 1, 1989, C-TA-C held its founding general assembly and created a Board of Directors composed of members of various organizations involved with the problem of marital violence (Parole Board, CLSC, CSS, DSC, CALACS, municipal police, detention centre).

C-TA-C's services were officially launched in February 1990. The first counselling program began in the same month.

1.2 Structure and Administrative Organization

1.2.1 General Assembly

The Corporation's General Assembly is composed of all members in good standing when the Assembly is held. The Assembly has full power with respect to the Corporations goals and interests.

1.2.2 Board of Directors

The Board of Directors is composed of seven members elected at the annual General Assembly. The coordinator is an ex officio member who does not have the right to vote and sits in an advisory capacity only. Of the seven members elected at the annual General Assembly, only one may be a paid employee (apart from the coordinator) or volunteer working for C-TA-C. One seat is reserved for a person from a group involved in the problem of violence against women.

1.3 Admission Criteria for Participants

- Participants enrol on a voluntary basis.
- No more than 50% of any group may be on probation, on federal or provincial parole, or incarcerated in a federal or provincial institution.
- C-TA-C does not accept anyone awaiting sentencing.
- As C-TA-C is not subordinate to the legal system, it is not duty-bound by court orders in and of themselves.
- The individual screening interview determines if there is any reason to refuse the applicant admission to the group, such as stubborn denial, severe criminality or serious mental disturbance.
- Men with major psychiatric problems or serious drug addiction may be directed to other services. They can then join the group while undergoing specialized treatment, to be specified in a special clause in the contract.
- C-TA-C gives priority to violent spouses residing in the Rimouski-Neigette MRC.

1.4 A Profeminist Approach

The acquisition of new values is possible only through the creation of an equal relationship in which the woman's rights are respected. In order to act responsibly and effectively, and to promote respect for these rights, C-TA-C has opted for the profeminist approach to counselling. This approach focuses on power and control and assigns full responsibility for the violent behaviour to the wife batterer.

1.5 Basic Principles

C-TA-C has adopted the following fundamental principles, on which it bases its actions:

- the organization is a development and support group for violent men; it is not a therapy group, as it does not treat violence as an illness;
- the organization is concerned with consciousness-raising and shall adopt a global social approach in its counselling for violent men;
- the organization believes that violent behaviour is learned and deliberate;
- the organization believes that violent men have control over their actions;
- the organization shall deal with verbal, psychological and sexual violence, as well as physical violence;
- the organization clearly recognizes that physical and sexual violence and uttering death threats are criminal acts;
- the organization is in no way a replacement or substitute for legal proceedings in cases of violence. Therefore, it must serve neither to judicialize nor to dejudicialize such cases;
- the organization attaches utmost importance to the safety of battered women and their children;
- the organization specifies that its services do not safeguard battered women and that it can in no way guarantee that the problem will be solved;
- the organization's admission criteria shall limit admission to participants who enrol voluntarily;
- the organization shall apply basic principles of confidentiality;
- the organization is concerned with community education, information and sensitization;
- the organization shall ensure that the structure overseeing its creation and operation includes representatives of women's groups working in the field of marital violence, such

as La Débrouille, Hébergement pour femmes, La Maison des femmes de Rimouski, CALACS, etc.;

- the organization is concerned that its funding should in no way reduce current funding for shelters for battered women or for other women's groups concerned with violence. In the event that C-TA-C should apply for funding to a local body which also funds one of these organizations, C-TA-C shall recommend that the funds come from a new budget;

- the organization is not subordinate to the legal system;

- the organization is an autonomous body playing a complementary role to the institutions involved in the field of marital violence.

1.6 Basic Premises

More specifically, C-TA-C operates on four basic premises:

- violence is a crime;

- violence is learned and deliberate behaviour;

- the violent spouse bears full responsibility for his violent behaviour and for changing;

- ending violent and controlling behaviour is a prerequisite for all other change.

1.7 Goals

C-TA-C defines itself as an awareness-raising group and as a counselling, support and self-help group for men who engage in marital violence. Its goals, based on a prevention-oriented approach, are the following:

General goal:

To end all forms of violence by working directly with violent men.

Specific goals:

- to take the necessary measures to ensure the protection and safety of victims of marital violence;

- to prompt violent men to accept responsibility for their violent behaviour;
- to make them aware of abusive forms of behaviour;
- to sensitize, educate, inform and heighten awareness of the extent of marital violence among people working in the field.

2. Start-up Strategy

C-TA-C is an experimental project whose purpose is to establish a support service for men who engage in marital violence. The start-up strategy consists of laying the foundations of the counselling process, structuring it, developing the necessary tools, planning a mechanism for evaluating results, etc.

2.1 Staff Selection and Hiring

Counselling violent men requires consistency and a social perspective in keeping with the profeminist approach adopted by C-TA-C. Staff members were selected using this criterion. They were deemed competent, on the basis of their training and experience, to accomplish the required tasks in accordance with the chosen approach.

2.1.1 The Male Facilitator-Coordinator

- manages the project;
- plans, organizes and coordinates activities;
- develops counselling and evaluation tools;
- evaluates clients (at the beginning and at the conclusion of the program);
- is responsible for public relations;
- coordinates fundraising;
- co-facilitates group sessions, etc.

2.1.2 The Female Facilitator

- develops counselling and evaluation tools;
- evaluates clients (end of program);
- takes part in fundraising;
- prepares reports on weekly sessions;
- co-facilitates sessions, etc.

2.2 Referral Structure and Partnerships

An information tour was organized by C-TA-C staff in order to meet all the agencies dealing with marital violence in the Rimouski-Neigette MRC (the Parole Board, alcoholism and drug addiction services, the CLSC's, the CSS's, the correctional services, etc.), and provide them with information on the counselling and support program. The purpose was to establish referral arrangements between C-TA-C and these bodies. Memorandums of agreement are expected to be signed in the coming months. It should be mentioned that efforts at coordination have already been made in the region; they have produced a marital violence round table and a desire for consistency in intervention.

Moreover, C-TA-C counsellors are regularly invited to take part in case discussions so as to develop a coordinated strategy for intervention with clients who engage in violence against their wives or children. Some difficulties have, however, been encountered. Professionals dealing with marital violence are not all familiar with the approach adopted by C-TA-C. Some favour other approaches, making it more difficult for the organizations to work together.

2.3 Media Coverage and Publicity

- **The official opening** of C-TA-C, held on February 28, 1990, included a press conference attended by some thirty people (journalists, workers in the field).
- **Newspaper articles:**

Progrès Écho	Wednesday, February 29, 1990
Le Rimouskois	Tuesday, April 17, 1990
Le Rimouskois	Tuesday, April 3, 1990
Le Chroniqueur	Wednesday, March 7, 1990

- **Television and radio programs**

Québec Est, Radio-Canada	Fall 1989
CFLP	February 16 and March 6, 1990

- **Pamphlets, posters, business cards:**

A pamphlet, poster and business card were produced.
Nearly 800 pamphlets, 30 posters and 160 business cards were distributed.

2.4 Fundraising and Seeking Other Support

Various steps have been taken to obtain assistance from funding bodies (CRSSS, MSSS, Centraide, etc.) in order to ensure C-TA-C's financial survival after March 31, 1991, as the contribution from the Ministry of the Solicitor General of Canada was for a pilot project and is therefore non-renewable. These efforts have received support from various bodies (CLSC de l'Estuaire, CLSC des Basques, CLSC de la Mitis, Direction de la protection de la jeunesse, municipal police, Sûreté du Québec, etc.). However, their support has not yet translated into funding. C-TA-C's survival remains problematic and uncertain.

3. Counselling Tools

Certain tools have been developed to facilitate the counselling process (Appendix 2). They help to ensure a consistent approach and to stimulate group discussion and make it possible to confront the men about their use of violence. The main tools are the following:

3.1 The Counselling Program

The counselling program is a basic tool which is referred to throughout the counselling process. It contains a variety of information related to the admission criteria, the screening interviews, the teaching goals, etc.

3.2 Record of Violent and Controlling Behaviour

The participant keeps a weekly register which serves to identify and record acts of violence committed between meetings. Keeping a record of violent and controlling behaviour allows analysis of this behaviour, stimulating the discussion and allowing the facilitators and other members of the group to confront the participant.

3.3 The Individual Responsibility Plan

The responsibility plan is a tool related to the record of violent and controlling behaviour. It consists of concrete actions that the participant undertakes to perform during the week in order to change his behaviour and attitudes. The plan indicates whether the client is in fact progressing from the awareness stage to that of real change.

3.4 The Log-Book

C-TA-C facilitators keep a weekly log-book. This journal contains the plan for each meeting, the exercises performed by the group and the facilitators' impressions of participants' progress.

3.5 Confronting Violent and Controlling Behaviour

Confrontation is the basic tool used in conducting counselling group sessions. It is used throughout the meetings. Its purpose is to bring the participant to focus on his acts of violence and to make him aware of their effects on other people in general and on his spouse in particular.

4. Evaluation Tools

Some evaluation tools have been deveioped to assess what has been learned throughout the counselling process. The main tools are:

4.1 Teaching Goals

At each meeting, participants must learn how to make practical changes in their daily lives. To verify and measure the changes made, 12 teaching goals were formulated at the start of the program. By measuring the attainment of each goal, we can see if the client is really starting to change his behaviour. The teaching goals are:

- to recognize and criticize his violent and controlling behaviour towards his partner;
- to accept challenges to his chosen actions, opinions and attitudes;
- to identify and become aware of the consequences and harm caused to his spouse and/or children;
- to recognize and become aware of the presumed benefits and privileges gained through the use of force and threats;

- to learn to identify his cycle of violence and accept personal responsibility for doing something about it;
- to learn to take concrete, individual steps to be responsive to his partner's needs;
- to learn to take practical steps to ensure the safety of his partner and/or children;
- to learn to respect his partner's opinions, decisions and behaviour;
- to eliminate contemptuous attitudes and behaviour and learn to recognize women's merits and individual abilities;
- to learn to accept his fair share of parental and/or household duties;
- to develop the motivation to continue seeking an equal relationship with his partner;
- to learn to take concrete steps to reduce his emotional dependence on his partner.

4.2 Individual Counselling Plan (ICP)

The Individual Counselling Plan sets out, at the beginning of the program, the most important goals to pursue, on an individual basis, with each participant. The ICP focuses the counselling at the group sessions so as to guide each individual towards the attainment of the program's objectives and teaching goals according to his own needs and difficulties. Finally, the ICP can be used to verify the progress made and proposes ways to continue progress outside the program.

4.3 Evaluation Sheet

The evaluation sheet lists the teaching goals and indicates each participant's success in achieving them. It was filled out after each 14-meeting session for each participant. Though the sheet is helpful, the results obtained are subjective. It must be used with caution, without drawing hasty conclusions. The sheet should be seen as a working tool allowing facilitators to identify each participant's deficiencies and pinpoint the goals that have not been attained so as to orient or reorient the counselling for each participant. In this respect, the evaluation sheet is a strictly internal working tool.

Chapter III

Services

1. Direct Services

1.1 The Counselling Group

C-TA-C inc. reaches the greatest part of its clientele through the counselling group, which is the basic instrument used to pursue the program's goals. The group format permits peer interaction and confrontation. The C-TA-C counselling group is open, in the sense that new members are welcomed at any point in the process. In this way, new arrivals are confronted by participants of longer standing, starting the awareness-raising process needed for changes in attitude and behaviour. Since it began offering services, C-TA-C has organized, set up and conducted three counselling groups. These groups reached 17 violent spouses for a period of 14 weeks per group.

Each group had a minimum of three and a maximum of eight members. At each meeting, participants had to make a compulsory financial contribution passed by the Corporation's Board of Directors.

1.2 The Support Group

The support group consists of clients who have completed the group program's 14 meetings. The purpose of the support group is to reinforce behavioural changes and prompt clients to go further in the process they have begun. The support group is intended to help break down resistance to change and overcome the unbalance created by the end of violent behaviour, to help members adopt new attitudes towards women in general and their spouses in particular.

The C-TA-C support group began its activities recently. It was set up only in February 1991 and has worked with only four clients thus far. Despite the scant expertise developed by this group it already appears that participation in a group of this type is beneficial for all clients. It is reasonable to believe that the process of behavioural change effectively begins only at this stage in the counselling process. All the clients involved in the support group acknowledged that up to that point, they had not stopped using violence against their spouses, especially difficult-to-detect forms of violence (psychological, verbal or sexual).

1.3 Other Direct Services

C-TA-C counsellors work at different levels. They work individually during follow-up and evaluation, take part in case discussions, etc. On a number of occasions, they contacted spouses or ex-spouses to inform them of their partner's initiative. A number of students have also shown interest in C-TA-C and have come to obtain information. The following is a concise breakdown of the statistics on C-TA-C's various activities:

Other direct services provided
from February 16, 1990 to February 28, 1991

Case discussions

Client follow-up

Providing assistance (to people other than violent spouses)

Requests for information

End-of-program evaluation

2. Indirect Services

2.1 Public Sensitization/Awareness-Raising

C-TA-C inc. also aims to reach the general public. It organizes meetings with social clubs and groups of workers to make them aware of the issue of marital violence. To solve this social problem, we must develop strategic methods, including active participation by various groups. We must therefore support the existing discourse of women's groups concerning the impact of violence upon the victims. A sensitization tour was organized in order to provide information on the organization's services and the role it wishes to play with respect to the problem of marital violence. During this tour, meetings were held with Hydro-Québec employees, groups of high school, Cégep and university students, students at the Centre de formation professionnelle, etc. In all, some 350 people were reached.

2.2 Sensitization of Agencies Dealing with Marital Violence

In order to promote the development of coordinated action, C-TA-C conducted a sensitization tour aimed at agencies dealing with marital violence in Region 01. Meetings were held with close to 200 people, primarily from the Sûreté du Québec, the municipal police, the CLSC's, the CSS's, women's centres, etc.

While coordination among the various agencies dealing with marital violence is necessary, it is, in general, difficult to achieve. The profeminist approach focusing on the exercise of control is not universally shared by the people we met. On the contrary, many of them see violence as a loss of control. This way of defining violence leads to entirely different forms of intervention and represents a major obstacle to the desired coordination.

It therefore seems vital to inform and sensitize all professionals dealing with marital violence to the concept of the exercise of control. Only a consensus with respect to discourse can make it possible to establish the desired coordination. One of the requirements for effective "societal" intervention is coordination in terms of the values promoted. This is, in our view, the only way we can succeed in effectively denouncing violence and reducing social acceptance of this type of behaviour.

Chapter IV

Clientele

1. Methodology

This part of the study is essentially descriptive in nature. The general aim is to compile data on the clientele for C-TA-C's services.

2. Population under Study

The population under study consists of the organization's clients, primarily those who filled out the screening and evaluation questionnaire (Appendix 3) which is the second stage in the evaluation process. Of the 40 clients who used the organization's services, 22 filled out the questionnaire; the others either had not yet reached this stage at the time the data was entered or had decided not to continue the program.

3. Data Collection

The data was collected between February 1990 and March 1991. All the evaluation meetings were held during this period.

Respondents generally filled out the questionnaires themselves. Only a few participants received help from the facilitators.

4. Data Processing

The data were coded and entered by a qualified person and were processed using SPSS software (Statistical Package for the Social Sciences). However, **no scientific observations or conclusions may be drawn from the analysis of these data due to the limited number of respondents.**

5. Reference Population

For the purposes of this study, the collected data will be compared with the results of the study "Les programmes québécois d'aide aux conjoints violents: Rapport sur les seize organismes existants au Québec." This is a purely descriptive comparison and no variable was controlled. The purpose was only to see if C-TA-C clients had the same profile as the clients of other counselling groups in Quebec.

6. Data Analysis

As we have mentioned, the analysis was performed with a view to drawing a descriptive portrait of C-TA-C's clientele.

7. Identification

7.1 Place of Residence

Half of the clients who filled out the questionnaire live in Rimouski. The others were spread fairly evenly across the neighbouring towns and villages (see Table 1). Eighty-two percent of clients live in the Rimouski-Neigette MRC (or regional municipality) and 18% outside the MRC (in Mont-Joli and Trois-Pistoles), an indication of C-TA-C's reach beyond the MRC and the region-wide role it is tending to assume.

Table 1 Respondents' places of residence

	Number	Percent
Rimouski	11	50%
Ste-Blandine	3	14%
Mont-Joli	2	9%
Trois-Pistoles	2	9%
St-Valérien	1	5%
Bic	1	5%
St-Anaclet	1	5%
Pointe-au-Père	1	5%
Total	**22**	**100%**

Note: Totals in tables do not necessarily add up to 100% due to statistical rounding.

7.2 Socioeconomic Characteristics

A breakdown of the characteristics of C-TA-C clients (Table 2) indicates that the majority (55%) are between the ages of 26 and 41.. They are therefore similar to the clients of the other counselling groups in Quebec (Rondeau, 1989), whose average age is between 30 and 40.

Most C-TA-C clients (86%) are high school graduates; 14% are not. The level of education of C-TA-C clients is similar to that of the great majority of participants surveyed, who have an elementary school or high school education (55% to 100%, depending on the group) (Rondeau, 1989). These findings are at variance, however, with the figures for the Quebec population as

a whole, in which 58% of men aged 15 and over have achieved this level of schooling (Statistics Canada, 1986).

A large proportion of C-TA-C clients (59%) have annual incomes below $20,000, placing them in the lower income category. C-TA-C clients have the same profile as the clients of other intervention groups as a whole, where over 50% of participants belong to the "poor" (under $15,000) and "low income" (between $15,000 and $24,999) categories (Rondeau, 1989). Once again, the proportion of low-income earners among C-TA-C clients corresponds to the proportion in the Quebec population as a whole, where 64% of men aged 15 and over fall into this income category (under $25,000) (Statistics Canada, 1986).

This observation is no indication that higher-income earners are less violent than lower-income earners. We may conclude, rather, that the former use other resources which are financially inaccessible to the less privileged. We may also assume that marital violence is less likely to be reported in higher-income groups, where wives are generally more inclined to protect their spouses' reputations.

Table 2 Respondents' socioeconomic characteristics

Characteristics	Number	Percent
Age		
18-25 years	4	18%
26-33 years	7	32%
34-41 years	5	23%
42 years and over	5	23%
No data*	1	5%
Total	**22**	**100%**
Education		
Elementary school	3	14%
High school	14	64%
College	4	18%
University	1	5%
Total	**22**	**100%**
Income		
Under $9,999	4	18%
$10,000-$19,999	9	41%
$20,000-$29,999	3	14%
$30,000-$39,999	3	14%
$40,000-$49,000	1	5%
$50,000 and over	1	5%
No data*	1	5%
Total	**22**	**100%**

* The category "no data" is used independently in all tables when the client refused to answer or when the question does not apply to his specific case.

8. Participation in C-TA-C Program

A substantial majority of the clients questioned (77%) said they had turned to C-TA-C's services in order to obtain the help they needed to solve their problem with violence (Table 3). During the program, however, almost all clients specified that they had enroled in the program because they were afraid of losing their spouse or because she had already left them. This motive for seeking counselling was also mentioned by all the counsellors interviewed for Rondeau's study (Rondeau, 1989).

A number of clients (36%) were referred to C-TA-C by social workers in the social affairs system. While the majority of the organizations consulted by Rondeau (1989) reported that they did not keep statistics on who referred their clients, most of them did mention the social affairs system as the main source of referrals.

A large proportion of the clients who made use of C-TA-C's services (32%) are under probation orders. Only 14% of clients, however, must participate in the C-TA-C program due to the conditions attached to this order. In addition, nearly half of C-TA-C's clients (45%) have a police record, either for violence or other criminal acts. In accordance with C-TA-C's regulations, men awaiting sentencing could not join the counselling group and were referred to other services.

Table 3 Participation in C-TA-C program vs. certain characteristics

Characteristics	Number	Percent
Reason for seeking counselling		
Need for help	17	77%
Court order or probation	3	14%
Lawyer's advice	1	5%
No data	1	5%
Total	**22**	**100%**
Source of referral		
Social worker	8	36%
Spouse or friend	5	23%
Community worker	2	9%
Probation officer	2	9%
Alcohol/drug abuse counsellor	1	5%
Other	1	5%
No data	3	14%
Total	**22**	**100%**
Legal situation		
Client with police record	10	45%
Client on probation	7	32%
Client awaiting sentencing	1	5%
No data	4	18%
Total	**22**	**100%**

9. Socio-medical Profile of C-TA-C Clients

9.1 Helping Professionals

Many of the respondents to the C-TA-C questionnaire (41%) consult a health professional regularly (Table 4). We note, however, a very high percentage (41%) in the "no data" category for this question.

Table 4 Socio-medical profile of population under study

Characteristics	Number	Percent
Category of helping professional		
Psychologist	5	23%
Physician	4	18%
Alcohol/drug abuse counsellor	1	5%
Social worker	1	5%
Prison counsellor	1	5%
Community group counsellor	1	5%
No data	9	41%
Total	**22**	**100%**

9.2 Suicidal Thoughts and Suicide Attempts

The majority of C-TA-C's clients (68%) reported having thought of suicide and 32% said they had attempted suicide (Table 5).

These figures are well above the Quebec average: in the general population, 3.7% of men report having considered suicide and 0.8% report having attempted suicide (Santé Québec survey, 1987).

Table 5 Suicidal thoughts and suicide attempts

Characteristics	Number	Percent
Suicidal thoughts		
Yes	15	68%
No	7	32%
Total	**22**	**100%**
Suicide attempts		
Yes	7	32%
No	13	59%
No data	2	9%
Total	**22**	**100%**

10. Socio-medical Profile of Children of C-TA-C Clients

According to their fathers, a very large number of the children of C-TA-C clients (22%) are being monitored by health care professionals (Table 6). Still according to their fathers, many have behavioural problems (35%) and 18% have learning difficulties. Finally, 50% have a problem with violence, in the perception of their fathers. This last figure is based on the answers to the question "Do your children display violent behaviour?"; unlike the previous statistics, it does not consider each child taken individually.

Table 6 Socio-medical profile of children of C-TA-C clients

Characteristics	Number	Percent
Monitored by a professional		
Yes	11	22%
No	27	55%
No data	11	22%
Total	**49**	**100%**
Behavioural problems		
Yes	17	35%
No	15	30%
No data	17	35%
Total	**49**	**100%**
Learning difficulties		
Yes	9	18%
No	20	41%
No data	20	41%
Total	**49**	**100%**
Violent behaviour		
Yes	11	50%
No	5	23%
No data	6	27%
Total	**22**	**100%**

If we compare the girls with the boys, we find that nearly 40% of the boys display behavioural problems compared with 28% of the girls; 25% of the boys display learning difficulties as opposed to only 10% of the girls (Table 7). It therefore appears that a higher proportion of the boys experience problems of this type at an early age.

Table 7 Learning and behavioural problems according to child's sex

Characteristics	Girls		Boys	
	Number	Percent	Number	Percent
Behavioural problems				
Yes	6	28%	11	39%
No	6	28%	9	32%
No data	9	43%	8	29%
Total	**21**	**100%**	**28**	**100%**
Learning difficulties				
Yes	2	10%	7	25%
No	8	38%	10	36%
No data	11	52%	11	39%
Total	**21**	**100%**	**28**	**100%**

11. Psycho-social Characteristics

11.1 Family Background

The majority of C-TA-C clients report having been victims of various forms of violence during childhood (Table 8), primarily physical violence (95%) and verbal or psychological violence (80%).

To the question "What kind of person was your father?" the responses of C-TA-C clients were evenly divided between good, gentle or understanding (40%) and violent, authoritarian or impulsive (40%). We obtained the same results for the mothers, though with slightly higher percentages: 45% said she was good, gentle or understanding and 50% that she was violent, authoritarian or impulsive.

Table 8 Family background of respondents

Characteristics	Number	Percent
Type of violence experienced		
Physical violence	19	95%*
Verbal violence	16	80%*
Psychological violence	16	80%*
Sexual violence	1	5%*
Father's personality		
Violent, authoritarian, impulsive	9	40%
Gentle, good, understanding	9	40%
Remote	3	14%
No data	1	5%
Total	**22**	**100%**
Mother's personality		
Violent, authoritarian, impulsive	11	50%
Gentle, good, understanding	10	45%
Remote	1	5%
Total	**22**	**100%**

* Percentage calculated on the basis of 20 respondents.

11.2 Departure from Family Home

A large number of respondents (46%) left the family home before reaching the age of majority. The reasons cited were, in almost equal proportions, conflicts (32%) and need for independence (27%) (Table 9).

Table 9 Departure from family home by age and reason

Characteristics	Number	Percent
Age		
Under 16	4	19%
16-18 years	6	27%
19-21 years	7	32%
22-24 years	2	9%
25 years or over	1	5%
No data	2	9%
Total	**22**	**100%**
Reasons		
Conflicts	7	32%
Need for independence	6	27%
Work/studies	5	23%
Marriage/common law union	3	14%
No data	1	5%
Total	**22**	**100%**

11.3 Contact with Family

Nearly 60% of respondents said they were in regular contact with a member of their family (Table 10), most often their father, mother, brother or sister.

Table 10 Contact with family

Characteristics	Number	Percent
Yes	13	59%
No	6	27%
No data	3	14%
Total	**22**	**100%**

11.4 Violence Against Spouse

Most of the clients questioned (86%) admit to violence against their current spouse. The same percentage reports having been violent in a previous relationship (Table 11). The results obtained by Rondeau (1989) suggest that 30% to 50% of clients have displayed abusive behaviour in another relationship. In the Rondeau study, however, a number of participants were excluded, having had only one relationship.

Furthermore, over 35% of C-TA-C respondents have used violence against their spouses while she was pregnant and 32% report having been violent while under the influence of alcohol. This finding leads us to qualify the popular notion that violence is the result of alcohol consumption. Finally, a very large proportion (50%) say they have engaged in sexual violence against their spouses. In the Rondeau study (1989), counsellors in 10 of the programs surveyed believe that sexual abuse represents 20% or less of cases and a single program says that 42% of its participants have used this form of violence. Most of the counsellors questioned agree, however, that this form of violence is very difficult to identify with accuracy.

Table 12 Violent tactics used against spouse

Tactics	Number	Percent
Preventing a reply	15	68%
Insulting	17	77%
Spitting	1	5%
Grabbing	8	36%
Pinching	1	5%
Scratching	7	32%
Punching	5	23%
Kicking	6	27%
Threatening with a weapon	3	14%
Making death threats	5	23%
Using a weapon	3	14%
Breaking objects	6	27%
Shouting	14	64%
Choking	2	9%
Knocking unconscious	1	5%
Beating	4	18%
Preventing from sleeping	9	41%
Controlling financially	7	32%

11.5 Violence Against Children

Over half of the children of the clients questioned (53%) have been victims of violence. Most of these children (73%) suffered physical violence and in 80% of cases it was the father who was responsible (Table 13). In the other cases, a stepfather or a brother was the source of violence (8%).

Table 11 Proportion of clients who have used violence against spouse

Characteristics	Number	Percent
Used violence against spouse	10	86%
Used violence against another spouse	6	86% *
Used violence while spouse was pregnant	8	36%
Used violence while under the influence of alcohol	7	32%
Used sexual violence	11	50%

* Percentage calculated on basis of clients who had been involved in a significant relationship prior to their current relationship.

11.4.1 Violent Tactics Used Against Spouse

C-TA-C clients use various violent tactics: 77% say they insult their spouses, 68% prevent them from replying and 64% shout at them. Over 20% report having made death threats against their spouses (Table 12). Once again, the figure is similar to Rondeau's results (1989): 5 of the 12 groups questioned on this point estimated the proportion of clients who had made death threats against their spouses at between 21% and 45%.

Table 13 Violence against children

Characteristics	Number	Percent
Children who have been subjected to violence	26	53%
Type of violence used		
Physical	19	73%
Verbal	5	19%
Psychological	2	8%
Violence used by		
Father	21	80%
Stepfather	1	4%
Brother	1	4%
No data	3	12%
Total	**26**	**100%**

11.5.1 Violent Tactics Used Against Children

The men studied use various violent tactics against their children, as they do against their spouses, but they use these tactics against their children in lower proportions. Thus, 50% shout at their children, 41% prevent them from replying, 36% have scratched them (Table 14).

Table 14 Violent tactics used against children

Tactics	Number	Percent
Preventing a reply	9	41%
Insulting	6	27%
Spitting	-	-
Grabbing	4	18%
Pinching	1	5%
Scratching	8	36%
Punching	1	5%
Kicking	1	5%
Threatening with a weapon	-	-
Making death threats	-	-
Using a weapon	-	-
Breaking objects	-	-
Shouting	11	50%
Choking	-	-
Knocking unconscious	1	5%
Beating	1	5%
Preventing from sleeping	-	-
Controlling financially	4	18%

11.6 C-TA-C Clients' Perceptions

A very high proportion of C-TA-C clients (64%) see themselves as violent men. This is an interesting finding which indicates that they do accept some responsibility for their violent behaviour. An equal proportion of clients, however, believe that their spouses provoke them. They thus avoid accepting full responsibility for their violent actions, seeing themselves rather as victims of their spouses' behaviour. Nearly 80% of clients also report having been violent with people other than their spouses (Table 15). It is important to note that these questions were asked at the beginning of the program and indicate only clients' perceptions at that stage in the counselling process.

Table 15 C-TA-C clients' perceptions on some questions

Question	Number	Percent
Do you consider yourself to be a violent person?		
Yes	14	64%
No	8	36%
Total	**22**	**100%**
Does your partner provoke you?		
Yes	14	64%
No	8	36%
Total	**22**	**100%**
Have you ever been violent with other people?		
Yes	17	77%
No	5	23%
Total	**22**	**100%**

On the whole, although the portrait provided by analysis of the evaluation questionnaires is only descriptive, it does give us an overview of the clientele which turns to C-TA-C's services and also raises some questions.

C-TA-C clients resemble the clients of the other counselling groups in Quebec in almost all respects. They are of about the same age, have about the same level of education and mostly come from a low-income social class.

These observations are certainly interesting. The characteristic which seems most significant to us, however, involves the use of violence. The vast majority of C-TA-C clients report having been violent in a previous relationship; in this respect, they resemble respondents from other counselling groups in Quebec, in which between 30% and 50% of clients (depending on the program) had displayed violent behaviour in other relationships. These highly disturbing figures suggest that there is a strong probability that men who do nothing to deal with their violent behaviour will use violence again in new relationships, or at least so we may assume.

In addition, over 20% of C-TA-C clients have uttered death threats against their spouses, as was the case with 21% to 45% of the clients of other counselling programs in Quebec. On the whole, we can say that death threats are made in a disturbing proportion of cases. This situation

is alarming when we consider the devastating effect of these threats on the victims against whom they are made.

The threats create a state of fear. Because of this fear that they foster, they make it more difficult for the women to assume responsibility for their own lives, to become independent and break off the relationship if need be. In addition, these threats represent an obvious risk, especially when we realize that they are part of the cycle of violence and that too often this cycle ends in homicide.

The fact that most C-TA-C clients were victims of violence during childhood is also disturbing. They learned to accept the pattern of violence as normal at an early age. As adults, it is easier for them to choose to practise a model of behaviour they have already accepted as normative. The children of C-TA-C clients are living in the same violent environment their fathers experienced as children. According to their fathers, half of them (50%) have adopted this pattern and are already displaying violent behaviour. We may assume that the boys will follow their fathers' example and learn to react like them and that the girls will imitate their mothers and become victims; they will probably come to accept violence as normal and develop an ever higher level of tolerance for abuse. The cycle of violence is therefore more than likely to be passed down from generation to generation. Hence the importance of acting to break the cycle. It remains to be seen how one can successfully intervene to break the cycle effectively and permanently.

Chapter V

Discussion

Counselling groups for violent men are a pioneering undertaking and present a challenge, mainly because of their novelty and the limited experience with programs of this type. This relatively new area of social intervention allows for innovation, creativity and the testing of new intervention techniques.

The basis of the counselling in these groups varies according to the type of approach favoured. For advocates of the individual-centred approach, for example, the counselling aims to bring the participant to find his own alternatives to violent behaviour. Programs oriented towards pathology attempt to lessen or eliminate physical, verbal and sexual violence by developing other, more socially acceptable ways to express anger. Programs with a socio-cultural orientation assign equal importance to socialization and psychology; the counselling aims to break down the participant's isolation, to make him take more responsibility by rupturing the mechanisms of violence and consolidating the new types of behaviour through positive reinforcement. Finally, programs focusing on power and control attempt to bring the participant to recognize his spouse's rights and to accept responsibility for his violent behaviour.

But despite these differences, counselling services for violent men all have a duty to consider the danger a violent situation can present for those living in it and must protect the safety of the wives and children. Services of this type must therefore take into account the cycle of violence and, to ensure the effectiveness of the intervention, attempt to detect it and counter it. The safety of wives or ex-wives and their children can be ensured only if this recurring cycle is broken.

The intervention should also aim to sensitize and raise the awareness of professionals dealing with marital violence (doctors, nurses, probation officers, police officers, social workers, etc.), and the general public with respect to the devastating effects of marital violence on the women and children who are subjected to it or witness it. This awareness-raising exercise should prompt cooperation and coordination, which are essential prerequisites for ending situations of marital violence.

Counselling groups for violent spouses should also consider the primacy and expertise of the resources for battered women. It is essential to acknowledge the leadership and competence which workers at women's shelters have developed through their experience and to ask for their opinions and advice in some situations in which their expertise could prove extremely useful.

C-TA-C's profeminist approach is akin to the approach focused on control and power in that it aims to abolish all the relationships of domination that underlie marital violence. The counselling works to encourage the emergence of new relations between men and women, which can be developed only on the basis of respect for women's rights.

Most programs aim to end violent behaviour by concentrating on physical violence, which is the most evident and therefore the easiest to modify. C-TA-C attempts to go somewhat farther by emphasizing detection and working to end all forms of violence, whether physical, psychological, verbal, sexual or economic. Particular attention is paid to psychological violence, which although less evident is very harmful.

Working to detect situations of psychological violence proves to be quite difficult. Counsellors are soon confronted by the limitations of this type of intervention and must question its real impact. Can we detect the various forms of violence used and end them all? How much hope can we allow ourselves? Does the counselling safeguard the wives or ex-wives and their children?

It is of utmost importance to question our practice, to criticize it, to be aware of its limitations and verify the results obtained. Better knowledge of the results permits informed intervention and, if necessary, the implementation of adequate changes. This discussion will examine these questions and assess C-TA-C's activities of the past year. We will also propose some possible paths or avenues for improving the counselling program for violent men.

It should first be mentioned that C-TA-C was able to set up its services and become operational thanks to a contribution awarded by the Ministry of the Solicitor General of Canada for the purpose of conducting a pilot project. C-TA-C has reached nearly 40 violent men directly through its services. Although this number seems significant given the organization's limited staff, it is very little if one thinks in terms of working for social change. Direct individual counselling is of course only a part of the intervention strategy needed to bring about the desired social change. When we focus on power and control, it is essential to develop a strategy suited to the scale of the problem if we wish to effect this change. Cooperation among organizations therefore assumes great importance. Such cooperation is desirable insofar as we can develop a common perspective on marital violence. It is essential to widen the consensus and work together with the various groups dealing with this problem in order to denounce and eventually end violence against women.

Although C-TA-C counsellors have conducted an information tour to promote cooperation, it remains difficult to achieve. It should be mentioned that women's groups, which play a leading role on the question of violence against women, express some reservations about counselling groups for violent men. They want to be certain that intervention with these men is not done at the expense of help for the victims. Nevertheless, it remains essential, if we wish to deal effectively with this issue and achieve satisfactory results, to develop a maximum of cooperation. To accomplish this, it is desirable that the various groups involved join forces to deal with the problem, which is already a daily concern for them in their social action.

Prevention and raising public awareness are also important aspects of the work to be done; it was not possible to adequately pursue this work during the past year. The implementation of an effective prevention and consciousness-raising plan would require a complete program: appearances on various radio and television programs dealing with marital violence, the organization of an awareness-raising tour in the schools, conferences on various subjects related to the problem, meetings with groups of workers, exposure of violent situations, etc.

C-TA-C is in favour of using a male counsellor to convey to various predominantly male institutions and organizations the message that relationships of power and domination underlie situations of marital violence. This message, which is often repeated by women's groups, is strengthened when conveyed by a man. Predominantly male organizations are very often sexist and, even today, a male speaker will have greater credibility in these groups.

Follow-up with clients, which is considered essential for the consolidation of behavioural changes, is virtually non-existent at C-TA-C. All too often, all contact with clients is lost once they have completed the 14-week program. The same applies to C-TA-C's relations with wives or ex-wives. Lack of staff hampers the establishment of an effective communication network with clients and their spouses or ex-spouses. How then can we determine whether the violent behaviour has ceased? Evaluation is unreliable as no funds have been allocated specifically for this purpose. Yet such verification is essential if we wish to be sure that the counselling has had a genuine impact.

The cessation of violent behaviour, especially psychological and verbal violence, is very difficult to evaluate. Nevertheless, it is the responsibility of the counsellors to remain vigilant and to ensure that program participants really stop engaging in all forms of violence; otherwise, some clients might stop using physical violence to exercise control but refine their use of psychological violence as a strategy for gaining power and domination. In these cases, the problem of violence is far from being resolved. While physical violence leaves traces visible to the naked eye, psychological violence has effects that are more difficult to identify but undoubtedly more harmful.

Once again, the work done with violent men must complement the support provided to victims. As the violent man learns to accept responsibility for his violent behaviour, the female victim must undertake a devictimization process so that she will no longer tolerate this violence. The message conveyed by groups working with violent men must be consistent and correspond to the message already being spread by women's groups. This discourse must focus on personal respect and integrity.

C-TA-C also suffers from isolation and lack of training. Last year, C-TA-C staff were unable to take part in any training or information sessions on counselling for violent men. At the

beginning of the program, they received very useful training on the profeminist approach, but they were not able to examine their practice once the experiment was under way or to test its correspondence to the profeminist method. C-TA-C staff have to rely largely on their own resources because the profeminist approach which the organization favours is far from being universally used in Quebec; only a few groups have adopted it. Moreover, C-TA-C's geographic location, in a so-called outlying region, makes for very high transportation costs and reduces the possibility of attending meetings elsewhere in Quebec. Grants generally fail to take the situation of counselling groups located in outlying regions into account. The need for feedback, training and support are all the greater in that the main intervention tools are the counsellors themselves, with their experience and skills.

To deal with this situation, C-TA-C counsellors have obtained back-up through supervision, at both the clinical and personal levels. Clinical supervision--i.e. supervision of counselling activities--assumes great importance and partly compensates for the lack of training and the counsellors' isolation. This supervision, the counsellors' only source of feedback and support, plays a major role in the search for solutions to the problems encountered. It provides another point of view on difficult situations involving internal operations or the counselling as such. It strengthens the team and is an essential support.

C-TA-C's staff consists of two counsellors, a man and a woman. They conduct the counselling groups together in order to reinforce the profeminist approach endorsed by the organization. It should be mentioned that it can be difficult for a woman to fit into a counselling group for violent men. She has to find a place in relation to the male facilitator and then within the group. It is clear that the clients do not always want a woman in the group. Most tend to isolate her, to give her as small a place as possible. For a woman to counsel violent spouses means fighting to acquire a certain degree of credibility. Working in such a context can be difficult.

Certain counselling groups question the role of women in counselling violent men. Some believe that bringing a female counsellor into the group facilitates the questioning of traditional social roles and helps participants learn new ways of interacting, but others think that "it is up to men to settle the matter of violence among themselves" (Rondeau, 1989). Still others will include a woman in the group counselling process on the same basis as a male counsellor, i.e. if she is competent. In the last two cases, the role of women in the counselling process has no strategic dimension.

The role of the female facilitator is to detect sexism and power relationships. A male-female counselling team should also provide an alternative image of relations between the sexes. Harmony between the male and female facilitators is therefore of prime importance. It goes beyond the desire to maintain good relations between colleagues and is indeed a necessity. In

order to get the message across, the counsellors must work together, be in full agreement and impart the same information.

Women can generally detect displays of psychological violence more easily than men: they have all experienced such violence to some extent. The role of the female facilitator includes detecting this form of violence and working to end it. She also has the task of making the male facilitator confront his own sexism, which is due to the education and socialization of men and women. By the same token, the male facilitator must remain vigilant to ensure that the female facilitator does not reproduce female stereotypes. This confrontation can sometimes prove trying and cause friction between colleagues. It is however unthinkable to confront violent men on their controlling and manipulative behaviour if the facilitators themselves reproduce these patterns of domination. Within the team itself, one must guard against the development of relations of control, power and domination between the opposite-sex counsellors.

Despite everything, it appears that the male-female team counselling model is to be preferred. The introduction of a feminist counsellor will make it easier to question social roles and bring to bear a critical feminist perspective.

In our opinion, the profeminist approach is to be adopted precisely because it questions all situations of power and control. The basic postulate is that violence by men against women is an exercise of control, not a loss of control. This approach involves making violent men accept full responsibility for their actions and attitudes. Its aim is the complete elimination of all controlling and dominating behaviour. It must be noted that 14 weeks is very little time when the goal is such a major behavioural change. A session of this length can only, at the most, instill the awareness needed for change.

It is essential to inform the clientele of C-TA-C's goals and approach. Clients must accept responsibility for their violent behaviour and be willing to work to eliminate it. Counselling of this type brings violent spouses to realize the objective benefits they obtain through the use of force and threats and to acknowledge that they use violence to establish and maintain control over their partners. This awareness must be used to end the use of all forms of violence against women. There is a risk, however, that these men, who thus acquire a better understanding of the tactics they employ, sometimes unconsciously, will then start using them consciously, increasing the risk to their wives.

Participants' motivation to change is one of the major questions raised by counselling for violent men. What are the real motives that prompt these men to become involved in a counselling program? The main reason cited is fear of losing their spouses. In most cases, they seek counselling when their wives have left them or have threatened to do so. It seems that for many the program serves to make their spouses believe that they genuinely want to change. Some

have even told their spouses they were attending the meetings when in fact they had never come to C-TA-C.

This situation can be dangerous given the phases of the cycle of violence. For violent men, taking part in group counselling can be part of the cycle's remission phase, in which the batterer tries to prove to his spouse that he will no longer be violent and that he is changing. In general, the wives would like nothing better than to believe in the change promised by this phase of the cycle. Taking part in group counselling, or leading his wife to believe that he is, serves to give the wife more hope that his behaviour will change.

After the remission phase, the cycle of violence starts again with the tension phase, in which there is a return to a threatening climate. It is extremely important to inform the wife or ex-wife of the cycle of violence and the limitations of counselling, so she does not entertain exaggerated hopes. She must be told in no uncertain terms that her spouse's participation in a program of this type is no guarantee that his behaviour will change and in no way safeguards her from violence. This point must be made clear, for her safety and that of her children depends on it. C-TA-C also systematically informs wives and ex-wives of their spouses' participation in group sessions, their resistance to change and dangers to their safety.

In addition, some clients try to use their participation in the program to elude the law or reduce court sentences for crimes they have committed. Lawyers sometimes tend to use counselling programs to demonstrate the good intentions of their violent clients. Such abuses of the program could influence sentencing and place wives or ex-wives and their children in jeopardy. Sentences must take into account the gravity of crimes against the person and should never be reduced because an individual is taking part in a program of this type. The purpose of these programs is to provide assistance and they do not serve any repressive function. This is how the legal system must regard organizations working with violent men.

To protect itself against abuses of this kind, C-TA-C categorically refuses all clients awaiting sentencing. This measure is not enough, however, to prevent clients and lawyers from trying to use the existence of C-TA-C to make people believe the violent behaviour will end and to influence sentencing. It is often difficult to verify the real intentions of violent clients. They tend to be excellent manipulators and do not hesitate to lie to make their facilitator, lawyer, psychologist, social worker and especially their spouse or ex-spouse believe that they want to change.

Moreover, contacts with the legal system are too infrequent to allow checks or to implement adequate referral strategies. To this end, an awareness-raising tour should be organized to conclude agreements and prevent the service from being misused. The question of referrals should also be discussed with community groups.

Group counselling is probably insufficient to instill an awareness that would ensure the survival of a new attitude once the meetings have ended. Beginning the process of change automatically entails an unsettling of one's relationships with others. We may assume that clients tend to reproduce the types of behaviour with which they are familiar and that their spouses continue to tolerate this violence. There is a good chance that the violence will be repeated. The cases of repeat offenses known to C-TA-C corroborate this statement. In the course of the group counselling process, often towards the end, most clients admit they have continued to engage in violence against their spouses or ex-spouses.

Admitting their violence can represent progress in itself. The fact that in most cases confessions come at the end of the counselling process is an indication of the inadequacy of the 14-week length of the process. Indeed, two of C-TA-C's clients had already taken part in sessions given by other counselling groups and three others expressed an intention to continue counselling with C-TA-C after the end of the first series of sessions. It would appear that to provide effective counselling, the number of weeks would have to be increased.

Follow-up of former clients is another important element in the process of reinforcing behavioural changes. The support group can also be a worthwhile alternative for this purpose.

Conclusion

This report presents a brief survey of the C-TA-C pilot project for counselling men who engage in marital violence.

The report provides an overview of the project as a whole, covering the services offered, the clientele and the difficulties encountered.

We believe this information on C-TA-C to be clear enough to serve as a basis for discussion concerning the development and orientation of new groups working with violent spouses.

In our view, the results obtained by existing counselling groups should be evaluated systematically and serve to define an effective intervention strategy whose results can be verified.

First, effective evaluation methods must be developed. These should then be used to assess the intervention. This process should precede the creation and setting up of new counselling groups working with men who engage in marital violence. Intervention with this clientele must be conducted in such a way as to ensure the safety of the victims, as far as possible. Only a solid evaluation can determine the intervention's real results and ensure that it is not harmful to the women and children who live with violent men.

We therefore propose the following measures:

At the provincial and national levels:

1. rigorously evaluate the intervention already begun by groups working with violent spouses in both Quebec and Canada;

2. within three years, produce expert's reports on the intervention for the organizations already in operation;

3. train counsellors through a training program chosen and approved by the departments of Social Affairs, Justice and Public Security.

At the regional level (for the Rimouski-Neigette MRC):

1. obtain a two-year grant for C-TA-C to test and analyze its intervention; send evaluation reports to relevant organizations to expand their existing expertise.

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Appendix 1

C-TA-C is a program for men who engage in marital violence. It was funded by the Ministry of the Solicitor General of Canada. The members of the C-TA-C team are:

Employees

- Normand Anctil	Coordinator/facilitator Experience with delinquency Permanent staff
- Anne Gauthier	Facilitator Experience with battered women Contract employee
- Janine Charest	Secretary/accountant JDP-SAR September 17, 1990 to March 15, 1991

Supervisor

- Hélène Cadrin Responsible for cases of violence at Rimouski DSC Service, research and training supervisor	Lawyer

Members of current Board of Directors

- Pierre Palin Community worker CLSC	Chairman
- Hélène Cadrin Research Advisor, DSC Staff supervisor	Vice-Chairperson
- Carole Pitre Probation officer Ministère de la Sécurité publique	Secretary
- André Boudreau Welfare officer	Treasurer
- Raymond Gasse Teacher École secondaire St-Jean	Consultant

-	Berthold McKinnon Investigator Municipal police	Consultant
-	Linda Bérubé Coordinator CALACS	Consultant

Members of Advisory Committee

- Jean Beaulieu
- Jacques Belleau
- Françoise Bergeron
- Raynald Brillant
- Hélène Cadrin
- Myriam Côté
- Jean Delagrave
- Pierre Delorme
- André-Jacques Delpech
- Marguerite Fournet
- Lise Gagnon
- Michèle Grenier
- Jean-Paul Huard
- Evelyne Langlois
- André Leduc
- Jacqueline Lévesque
- Berthold McKinnon
- Gilles Morneault
- Pierre Palin
- Carole Pitre

Members of interim Board of Directors

- Hélène Cadrin
- Pierre Delorme
- Michèle Grenier
- Jacqueline Lévesque
- Pierre Palin
- Carole Pitre
- Berthold McKinnon

Appendix 2

COUNSELLING CONTRACT

Between C-TA-C (Contre toute agression conjugale)
and
MR. _____

THE CLIENT HEREBY UNDERTAKES:

1. TO STOP ALL VIOLENCE (physical, verbal, psychological and/or sexual) towards his spouse and children (if any).

2. To attend fourteen (14) group sessions and one individual guidance session.

3. TO ACTIVELY PARTICIPATE in the group sessions; i.e. to take part in the discussion, to talk about his experiences and violent behaviour, to abide by agreements among us.

4. To treat other participants with respect and not use any violence against them.

5. To maintain the anonymity of group members and the confidentiality of group discussions; i.e. never to speak about matters concerning people other than himself.

6. To complete the assigned exercises and tasks between sessions.

7. NOT TO CONSUME DRUGS OR ALCOHOL on the day of a group session.

8. To be present for the entire period scheduled for each session.

9. To arrive fifteen (15) minutes before the scheduled starting time of the session. Anyone who arrives fifteen (15) minutes or more after the session's scheduled starting time will not be allowed to participate in the session.

10. To notify a C-TA-C counsellor and at least two group members twenty-four (24) hours in advance if he has to miss a session. Any client who misses three (3) consecutive meetings will be considered to have dropped out of the program.

11. To make a contribution of $_____ per week, payable at each session in a sealed envelope provided for the purpose.

12. To pay the contribution if absent without cause.

Note: If you appear at a group session after dropping out of the program, you will not be allowed to attend. If you wish to continue the program, you will have to start the entire process again from the beginning, starting with the screening interview.

C-TA-C'S OBLIGATIONS AND RESPONSIBILITIES

1. The discussions at the sessions will be treated as confidential by C-TA-C counsellors.

2. C-TA-C reserves the right to warn your spouse or ex-spouse of any threat or possible danger to herself or her children and to notify her of the end of the program or if you should drop out of the program.

3. C-TA-C will inform the spouse, upon request only, of the client's presence or absence at the sessions.

4. At the beginning of the program, C-TA-C counsellors will contact the woman against whom the violence is directed to inform her of her rights and existing resources as well the value and limitations of the services provided by C-TA-C.

5. C-TA-C DOES NOT CONSIDER THE PROGRAM TO BE AN ALTERNATIVE TO THE LEGAL PROCESS and therefore C-TA-C counsellors will not testify either for or against the client in any legal proceeding in which he is involved, unless they are forced to do so by the court.

6. All information provided by the spouse will be kept confidential.

7. C-TA-C will not hesitate to contact the police if the physical safety of the spouse or the children might be endangered.

8. Only appropriate officials from the Ministry of the Solicitor General of Canada, the ministère de la Sécurité publique du Québec or the Direction de la protection de la jeunesse will be informed, upon request, of the client's presence or absence at group sessions.

9. The agreement contains clauses explaining the circumstances under which the organization can be required to:

   - report cases of mistreatment, sexual abuse or neglect of children, under the provisions of the Youth Protection Act;

   - inform officials at the Ministry of the Solicitor General of Canada, the ministère de la Sécurité publique du Québec and the Direction de la protection de la jeunesse that you have dropped out of the program.

10. Your explicit written authorization will be required to provide or request any other personal information (physician, psychiatrist, etc.)

SIGNED AT RIMOUSKI ON _____

COUNSELLOR'S SIGNATURE _____

CLIENT'S SIGNATURE _____

Based on "Entre-Hommes"

I the undersigned, _____, a participant in the C-TA-C group, hereby authorize the group facilitators to contact my partner (ex-partner), Ms. _____, at the following address _____ and phone number _____ in order to inform her of the program's nature and limitations and of the support resources available to women.

I authorize the program counsellors to notify my partner (ex-partner) if her safety should be compromised or if I should quit the C-TA-C program.

_____ _____

Signature Date

CONSENT for C-TA-C inc. to obtain confidential information

To whom it may concern

Ref.: _____
Name of patient or client

Address: _____
_____
_____

Any medical practitioner, physician, doctor, hospital, association or institution to whom this document is presented is authorized to provide

_____ _____
Names of C-TA-C inc. facilitators

with information on my file (title of file: _____; name of institution: _____ _____) or to give them a copy of any document in this file.

Signed on this _____ day of _____, 1990.

_____
Signature of patient or client

To make it easier to identify this file, please enter the following information:

Date of birth: _____
Father's family name and first name: _____
Mother's family name and first name: _____
Medicare number: _____

This document must be signed in 3 copies.

Rimouski, _____, 1990

Hello,

As you are no doubt aware, your spouse or ex-spouse has sought help from C-TA-C, an intervention group for violent or controlling men.

The enclosed pamphlet contains information on C-TA-C's counselling program and on its limitations. It also contains the telephone numbers of various resources for women. Do not hesitate to contact them if you feel the need to do so.

We recommend that you read this pamphlet carefully and refer to the resources for women, if need be.

Anne Gauthier

Facilitator

This text was inspired by the CLSC la Presqu'île's

"Entre hommes" group

What You Need to Know

about Your Violent or Controlling Partner

and C-TA-C (Contre toute agression conjugale)

Group facilitators:

Anne Gauthier

Normand Anctil

724-8269

1 Why do men agree to join the C-TA-C group?

Usually, a man contacts us after his partner has left him, threatened to leave, filed a police complaint or obtained a court order requiring him to leave the house. Only then does he realize that his violent behaviour is a serious problem.

2 Can he really change?

He can change but only if he gets help and is willing to work very hard during the process. Asking for help is the first step and a giant step on the road to change.

It is important to be careful however and to realize that the change does not happen overnight and that many men drop out before the end of the program. It is impossible to state with certainty that the program will change your partner. Many men may continue to be violent and controlling.

Declaration of the Rights of the Battered Wife

- I have a right not to be beaten.
- I have a right to feel angry about the times he has battered me.
- I have a right to change this situation.
- I have a right to free myself of the fear of being beaten.
- I have a right to seek help from the police and social services and to expect them to give me this help.
- I have a right to tell other people about my feelings and not to be isolated.
- I have a right to want better communication for my children.
- I have a right to be treated as an adult.
- I have a right to leave my environment to escape my husband's abuse.
- I have a right to privacy.
- I have a right to express my own thoughts and feelings.
- I have a right to use my individual talents and abilities.
- I have a right to take legal action against a violent spouse.
- I have a right to be imperfect.

* Ball, Patricia G., and Elizabeth Wyman, "Battered Wives and Powerlessness: What Can Counsellors Do?" Victimology: An International Journal, Vol. 2 (February 1978).

3 Am I responsible for his violent behaviour?

Absolutely not. C-TA-C's first goal is to help men accept full responsibility for their violent behaviour, regardless of any other problems in the relationship. Violence is never justified. Often, abusive husbands will unfairly blame their spouses, children, jobs, childhood or frustrations. But nothing justifies violence. Your partner chooses how he responds to you and how he reacts to these frustrations. There are alternatives to violence.

4 Wouldn't marriage counselling, or counselling for couples, be a better solution?

No. Not as long as his violent behaviour or the threat of such behaviour persists. Violence is only your spouse's chosen behaviour in response to his own feelings, which means you are in no way responsible for his actions. Moreover, his violent behaviour is only an attempt to control the situation and to control you. When your partner becomes aggressive, he usually gets what he wants and has the last word in the argument. You cannot freely express your own feelings, not even your anger, if you are afraid of him. A marriage counsellor will never be able to keep you from being afraid when your spouse engages in violent behaviour again. Only after several months without violence and aggression is it possible to start working to improve communication. Marriage counselling can be effective only if your spouse has stopped abusive behaviour and if both partners express interest in staying together.

5 Is his violent behaviour caused by drinking?

No. While it is true that some men are violent only under the influence of alcohol, this is only a pretext used by the violent man to avoid accepting responsibility for his violent behaviour. When a man drinks too much, this means he has two problems for which he must accept full responsibility.

6 What should you do if he is sorry and asks to be forgiven?

Many men who assault their wives feel remorse afterwards. But this does not necessarily mean that they will stop their violent behaviour. In fact, feelings of guilt and remorse are part of the cycle of violence for some individuals, though aggressive men do not necessarily all have these feelings. The cycle starts with a slow build-up of tension and eventually there is an eruption of violence. This is followed by a period in which the man feels ashamed and guilty. His guilt leads him to apologize and make promises to his wife, for fear of losing her. Unfortunately, this is not enough to stop his cyclical violence. He must accept full responsibility for his violent words and deeds and their effect on his spouse and children. This sometimes requires many months of work and some never succeed.

7 Should I leave him?

Only you can make this decision. The most important consideration must be your safety and that of your children. At the end of this pamphlet, you will find a list of services which may be useful for your safety.

Services

Shelters

La Débrouille, women's shelter	724-5067
Free lodging and shelter	
24 hour service	

Individual counselling, legal information, escorting battered women:

La Maison des femmes	723-0333

Child abuse: violence, sexual abuse, incest

CALACS (Centre d'aide et de lutte contre les agressions à caractère sexuel)	725-4220
24 hour service	
Centre des services sociaux	723-1250
Sûreté municipale	723-3311
Sûreté du Québec	723-1122

SOLICITOR GENERAL OF CANADA
CENTRAIDE

Support and Services for Women

On the following page of this pamphlet is a list of services available to you and your children. There are places where you can get help to protect your safety and obtain information on legal, financial and personal questions.

We encourage you to explore all of these options even if you are not thinking of using them at the moment. It is always wise to have an emergency plan.

Women who are abused and criticized by their partners often feel isolated, depressed or even that they are going crazy. Anyone who is constantly ridiculed and mistreated might feel this way. If you have some of these feelings, you may need the support of someone who understands what it means to live with violence and who will not judge you for what you do or don't do. For more information about these services, you need only dial the numbers listed.

We remind you that all of these services are confidential and are offered on a free and voluntary basis.

We would like to emphasize that even if your partner has joined C-TA-C, he might still become violent, depressed or difficult to live with again. We therefore recommend that you have an emergency plan and a resource person who can give you support and treat you with the respect you deserve.

8 What happens at C-TA-C meetings?

Each group consists of a maximum of eight men who all have similar behaviour--i.e. controlling and violent--and two facilitators, a man and a woman or two men. The sessions last two hours and are held once a week for 14 consecutive weeks. (Some participants may need six months, a year or sometimes even longer to overcome their violent behaviour.) Thus, even if your spouse attends the 14 sessions with us, you still may be at risk. It is natural and advisable for you to be careful.

The main goal of the C-TA-C program is to bring all controlling, aggressive and violent behaviour towards you and your children to end. Such behaviour may be physical, verbal, psychological or sexual in nature.

The program also aims to help the client:

- **develop** a greater ability to listen;
- **accept** differences (of opinion, etc.);
- **learn** to express feelings other than anger;
- **learn** to be more supportive;
- **learn** to be more relaxed and patient;
- **develop** his own talents and interests, form friendships;
- **stop** blaming others for his own feelings and actions.

The men work to attain these goals by discussing and sharing at C-TA-C sessions. They are called upon to acknowledge and describe their violent and controlling actions and they must question themselves and confront each other on their behaviour and attitudes towards women.

A number of techniques are used to bring the men to accept full responsibility for their violent behaviour. In the group, the men are called upon to identify and examine the benefits and privileges they have obtained in the past through the use of force or threats. They also learn about the effects of their behaviour on their spouses and children and the harm they have caused. Finally, each participant must formulate his own responsibility plan in front of the group.

This responsibility plan consists of a series of practical steps--tailored to the individual--which the man undertakes to perform so as to become sensitive to your needs, rights and safety, and that of your children. It should be noted that these plans can improve progressively; on the other hand, some men do not respect their undertaking or follow the responsibility plan.

9 How do you know if he has changed?

Here are some questions to help you assess whether his behaviour has changed enough for you to feel safe with him.

- Has he stopped using violence and threats towards me and towards others?
- Am I afraid when I am with him?
- Is he capable of being angry without becoming verbally and physically abusive?
- Can I express anger towards him without being attacked?
- Is he capable of listening to me and treating what I say with respect even if he disagrees?
- Can he negotiate with me without trying to accuse or control me?
- Does he respect my right to say no?
- Is he capable of expressing his feelings most of the time?
- Is he capable of expressing feelings other than anger?
- Does he still blame me for his anger and frustration?
- Does he respect my right to be different and to make my own decisions?
- Does he treat me with respect and listen when I speak?
- Can I go out, take a course, get a job without obtaining his consent?

_____, 1990

Hello,

We wish to inform you that your spouse or ex-spouse has stopped attending C-TA-C's group counselling sessions.

This information will allow you to act accordingly and take the necessary measures to protect yourself and your children, if need be.

AG/dm

Anne Gauthier

Facilitator, C-TA-C

Evaluation Report **Participant's Name**_____ **Date:**_____

	1	2	3
Teaching Goals	**The facilitators observe adequate progress by the participant towards the original teaching goals**	**The participant recognizes he must learn to change because he has a problem**	**The participant is involved and is learning to change**
1. To recognize and criticize his violent and controlling behaviour towards his partner.	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:
2. To accept challenges to his chosen actions, opinions and attitudes.	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:
3. To identify and become aware of the consequences and harm caused to his spouse and/or children.	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:

Evaluation Report **Participant's Name**_____ **Date:**_____

	4	5	6
Teaching Goals	**The participant is making considerable progress and beginning to change.**	**The changes in behaviour are maintained in a stable way in the course of the program.**	**Teaching objectives and recommendations.**
1. To recognize and criticize his violent and controlling behaviour towards his partner.	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:
2. To accept challenges to his chosen actions, opinions and attitudes.	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:
3. To identify and become aware of the consequences and harm caused to his spouse and/or children.	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:

Evaluation Report **Participant's Name**_____ **Date:**_____

	1	2	3
Teaching Goals	**The facilitators observe adequate progress by the participant towards the original teaching goals**	**The participant recognizes he must learn to change because he has a problem**	**The participant is involved and is learning to change**
1. To recognize and become aware of the presumed benefits and privileges obtained through the use of force and threats.	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:
2. To learn to identify his cycle of violence and accept personal responsibility for doing something about it.	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:
3. To learn to take concrete, personal steps to be responsive to his partner's needs.	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:

Evaluation Report **Participant's Name**_____ **Date:**_____

	4	5	6
Teaching Goals	**The participant is making considerable progress and beginning to change.**	**The changes in behaviour are maintained in a stable way in the course of the program.**	**Teaching objectives and recommendations.**
1. To recognize and become aware of the presumed benefits and privileges obtained through the use of force and threats.	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:
2. To learn to identify his cycle of violence and accept personal responsibility for doing something about it.	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:
3. To learn to take concrete, personal steps to be responsive to his partner's needs.	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:

Evaluation Report **Participant's Name**_____ **Date:**_____

	1	2	3
Teaching Goals	The facilitators observe adequate progress by the participant towards the original teaching goals	The participant recognizes he must learn to change because he has a problem	The participant is involved and is learning to change
1. To learn to take practical steps to ensure the safety of his partner and/or children.	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:
2. To learn to respect his partner's rights to her opinions, decisions and behaviour.	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:
3. To elimiante contemptuous attitudes and behaviour and learn to recognize his partner's value and abilities as an individual.	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:

Evaluation Report **Participant's Name**_____ **Date:**_____

	4	5	6
Teaching Goals	**The participant is making considerable progress and beginning to change.**	**The changes in behaviour are maintained in a stable way in the course of the program.**	**Teaching objectives and recommendations.**
1. To learn to take practical steps to ensure the safety of his partner and/or children.	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:
2. To learn to respect his partner's rights to her opinions, decisions and behaviour.	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:
3. To eliminate contemptuous attitudes and behaviour and learn to recognize his partner's value and abilities as an individual.	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:

Evaluation Report **Participant's Name**_____ **Date:**_____

	1	2	3
Teaching Goals	The facilitators observe adequate progress by the participant towards the original teaching goals	The participant recognizes he must learn to change because he has a problem	The participant is involved and is learning to change
1. To learn to accept his fair share of parenting and/or household duties.	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:
2. To develop the motivation to continue seeking a more equal relationship with his partner.	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:
3. To learn to take concrete steps to reduce his emotional dependence on his partner.	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:

Evaluation Report **Participant's Name**_____ **Date:**_____

Teaching Goals	4 The participant is making considerable progress and beginning to change.	5 The changes in behaviour are maintained in a stable way in the course of the program.	6 Teaching objectives and recommendations.
1. To learn to accept his fair share of parenting and/or household duties.	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:
2. To develop the motivation to continue seeking a more equal relationship with his partner.	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:
3. To learn to take concrete steps to reduce his emotional dependence on his partner.	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:	Yes ___ No ___ Explain:

Individual Counselling Plan (ICP)

Purpose

The Individual Counselling Plan sets out, at the beginning of the program, the most important goals to pursue, on an individual basis, with each participant. The ICP also helps focus the counselling at the group sessions so as to guide each individual according to his needs and difficulties.

Function

The ICP is an evaluation tool and should therefore be revised half-way through the assistance and counselling program and again at the end of the program.

Comments and observations

(Report on participant's progress in terms of program's teaching goals)

Recommended approach in sessions

(Proposed progression to achieve teaching goals)

Recommended approach outside sessions

1. A change in situation (mediation attempt, hospitalization, etc.);
2. medical treatment;
3. psychological assessment;
4. individual psychotherapy;
5. marriage counselling or family counselling;
6. group therapy;
7. referral to an addiction treatment centre;
8. literacy courses;
9. other suggestions.

Appendix 3

Questionnaire no.: _____

Date: _____

Participation in group: Yes ___ No ___

1. Identification of client

1. City: _____

2. Age: _____

3. Education: _____

4. Who referred you to the group?

_____

Name Profession Tel no. and/or address

5. Are you now or have you ever been monitored by a health care or social services professional (social worker, psychologist, psychiatrist, physician, etc.)?

_____

_____

_____

Name Profession Tel no. and/or address

6. Are there legal proceedings under way against you?
Yes ___ No ___

7. Are you currently on probation?
Yes ___ No ___

8. Do you have a police record?
Yes ___ No ___

9. Are you currently awaiting sentencing?
Yes ___ No ___

10. For what reason?

_____

_____

_____

11. Approximate salary

_____

2. Other information about client

1. Have you ever thought of committing suicide?
   Yes ___ No ___

2. If so, have you ever attempted suicide?
   Yes ___ No ___

3. Are you currently on medication?
   Yes ___ No ___

4. How much time passes between violent episodes?
   _____

3. Family background

1. Were you a victim of violence during childhood?
   Verbal ___ Psychological ___
   Physical ___ Sexual ___
   If so, explain:
   _____
   _____
   _____

2. During your childhood and adolescence, did you feel your family was different from others?
   Yes ___ No ___
   If so, explain:
   _____
   _____
   _____

3. At what age did you leave your parents' home? _____

4. Why did you leave?
   _____
   _____
   _____

5. At the time you left the family home, were your parents living together?
   Yes ___ No ___
   If no, explain:
   _____

6. What kind of man was your father?

_____
_____
_____

7. What kind of person was your mother?

_____
_____
_____

8. How many brothers and sisters do you have?
Brothers _____ Sisters _____

9. Do you have regular and meaningful contact with any member of your family?
Yes ___ No ___
Explain:

_____
_____
_____

4. Marital and family information

1. Information on spouse

	Current or last spouse	Other spouse
Age		
Education		
Length of relationship		
Did you have children with this spouse? (If so, name them)		
Have you ever been violent with this spouse? If so, specify the type of violence (physical, psychological, verbal, sexual)		
Have you been violent with this spouse while she was pregnant?		
Has your spouse ever left the house because of violence?		
Have you ever been violent while under the influence of alcohol or drugs?		
Have you ever forced your partner to have sexual relations?		

2. Information on children

	Name	Name	Name
Is this child under a placement or social protection order? If so, specify.			
Is this child being monitored by a health care or social services professional? If so, by whom?			
Is this child on medication? If so, for what illness?			
Has this child ever been the victim of violence? If so, what type of violence? By whom?			
Hs this child ever been abused sexually? If so, by whom?			
Has there been a report of child abuse? If so, by whom?			
Does this child have behavioural problems at school? At home?			
Does this child have learning problems? If so, since when?			
Do you have legal custody of your child? If not, who does?			
How often do you see your child.			

5. Use of violence

1. Scale of tactics used (client's violence)
Do you ever:

	Spouse	Frequency *	Child	Frequency *
Insult				
Spit				
Prevent from replying				
Grab, hold, tie up, confine				
Pinch, pull hair				
Claw, slap				
Scratch				
Punch				
Kick				
Threaten with a weapon				
Make death threats				
Use a weapon				
Break objects				
Shout				
Choke				
Knock unconscious				
Beat				
Burn, scald				
Prevent from sleeping				
Control Financially/pocket money				
Force to have sexual relations				

* Frequency: Indicate 1-often; 2-sometimes; 3-rarely; 4-never

6. General evaluation questions

1. Do you consider yourself a violent person?
   Yes ___ No ___
   If so, explain:
   _____
   _____

2. In your opinion, is your spouse normal?
   Yes ___ No ___
   If not, explain:
   _____
   _____

3. Do your children display violent behaviour?
   Yes ___ No ___
   If so, explain:
   _____
   _____

4. In your opinion, are your children normal?
   Yes ___ No ___
   If not, explain:
   _____
   _____

7. Interpersonal relations

1. Were there arguments with your partner about the division of household tasks?
   Yes ___ No ___
   If so, explain:
   _____
   _____

2. What is your share of the responsibility for the violence in your current relationship and what is your spouse's share of the responsibility?
   Your spouse (%): _____
   You (%): _____

3. Do you believe your partner provokes you?
Yes ___ No ___
If so, how?

_____
_____

4. Have you ever been violent with people other than your partner?
Yes ___ No ___
If so, under what circumstances?

_____
_____

5. Have you ever had a meaningful friendship?
Yes ___ No ___
Explain:

_____
_____